Culinary Care

There are things to consider during meal time with your loved one affected by Alzheimer's disease and dementia. Here at Sagora Senior Living, every aspect of meal time is choreographed for their comfort and enjoyment. Below are a few tips you can use during meal time at home. Also, see how Sagora Senior Living, Memory Care makes meal time a joy for our residents.

What to consider

Here are four things to consider

exhibits signs of Alzheimer's

during meal time with a loved one who

disease and dementia.



Schedule

Regular, nutritious meals may become a challenge for people with dementia. They may become overwhelmed with too many food choices, forget to eat or have difficulty using utensils. In some circumstances, adaptive devices like plate guards and special utensils, can be used to assist.





Nutrition

Proper nutrition is important to keep the body strong and healthy. For a person with any form of dementia, poor nutrition may increase behavioral symptoms and cause weight loss.



Hydration Staying hydrated may be a problem as well. Encourage drinking by offering plenty of water and other beverages throughout the day or foods with high water content, such as fruit or soup.

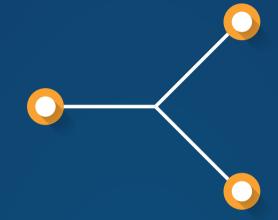


Their food preferences Take into consideration the food

selections they prefer and pay attention to their feedback on taste.

Assistance in meal service

When providing assistance during meal service, the goal is to encourage independence and maintain dignity.



Verbal cues and physical prompting

A series of verbal cues can be beneficial during meal time. Once a meal time is established, it is important to stick to that schedule every day.





The goal is to maintain independence. If needed, provide cues or prompts as needed for your loved one to hold a needed utensil. Help guide the utensil to their mouth if needed. Those requiring more assistance may need you to hold the utensil while encouraging them to hold on to the your wrist as the utensil is raised to their mouth. With verbal cues and physical prompting,

they will anticipate the food or beverage being offered.

Sagora Pathways Freshen Program

Here at Sagora Senior Living, we offer the Sagora Pathways Freshen Program, which includes scent and comfort triggers for appetite, and is a luxurious cue to prepare for meal time. The routine of the Freshen Program before every meal is not only a wonderful sensory experience, but it helps with calming anxiety because the residents know it is meal time.



with aromas that trigger hunger are prepared before meal time.

Towels with essential oils



Towels are heated in warmers to be delivered to your loved ones.



Rolled, warm towels are served on a silver platter using silver tongs.



cooled to the optimal temperature while being

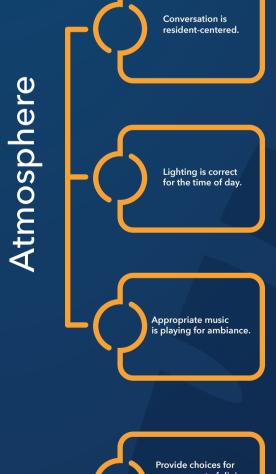


Great food • Respect • Atmosphere Chef-prepared • Every meal every day

Dining with GRACE

here at Sagora Senior Living during meal time. From atmosphere to service, all of the focuses are thoughtfully choreographed for comfort. Here is a snapshot of some of the practices we incorporate during meal time with your loved one. This can be implemented at home, as well.

We incorporate our Dining with GRACE program





every aspect of dining from beverages to It is okay for residents to choose to mix their People eat at different speeds, so no one should ever feel rushed

We're here to help.

We are here to guide and educate you through the transitions of Alzheimer's and dementia. Our Dining with GRACE program allows our residents to be served by course and make each choice for themselves. There are many things to consider during meal time. Stop by one of our Memory Care communities or call today to find answers and solutions with our Memory Care specialists.